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JUSTIN TIME

TRUDEAU LAUNCHES HIS CAMPAIGN FOR THE FEDERAL LIBERAL LEADERSHIP BEFORE AN EBULLIENT CROWD IN MONTREAL PAGES 4-5

OTTAWA metro®

Wednesday, October 3, 2012

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Ex-Barenaked Lady Steven Page plays, TALKS MENTAL HEALTH

Steven Page, former frontman of The Barenaked Ladies, performs at Algonquin College Tuesday where he shared his struggles with mental health as part of a launch event for two new mobile apps the college created to help students deal with mental-health problems and awareness. For more on Page and the apps, go to metronews.ca. GRAHAM LANKTREE/METRO

Let's ante in for casino: Committee

City hall. Councillors grill OLG on future of Rideau Carleton Raceway

ALEX BOUTILIER
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Phase one

Council is expected to accept the committee's recommendation and signal interest in a new casino next week.

Ottawa's flagship municipal committee is recommending council ask Ontario Lottery and Gaming to find a proponent for a new Ottawa casino.

Ottawa's finance and economic development committee made the decision after hours of discussion Tuesday evening — the only time the public had a chance to weigh in on the casino proposal since Mayor Jim Watson threw his weight behind it last week.

Almost 30 public delegations spoke to council — most against the idea of a new casino, saying they were concerned city hall is rushing the process.

"From our perspective ... consultation and analysis should happen as a starting point of any project," said Alex Roussakis, with the Centretown Community Health Clinic. "We're somewhat baffled at how it is possible for you to make an informed decision today to support in principle in bringing a casino to our city ... before thoroughly considering the evidence and your citizens' points of view."

Another group opposed the idea for a more economic reason. Alex Lawryk with the Rideau Carleton Racetrack, which stands to lose its slot-machine revenue, said expanding gambling options at their facility would be preferable.

RCR seemed top-of-mind for a number of councillors. Rod Phillips, the CEO of OLG, said he wasn't surprised to see people lining up behind the track.

"We would want to make sure that it is a fair process for everybody," Phillips told reporters. "(RCR) has been a great landlord for us ... and I'd absolutely expect them to get a fair shot."

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Photo by Anthea Simms

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GIRLS' NIGHT OUT WINES

Lansdowne snags threaten 2014 CFL: City staff

Even a two-week delay on the Lansdowne Park redevelopment file would jeopardize Ottawa's 2014 CFL season, according to city staff.

The city's finance and economic development committee voted 10-1 to recommend council approve the redevelopment project next week.

Mayor Jim Watson, who chairs the committee, urged councillors to vote in the affirmative after several hours of debate Tuesday.

Bid

- **2017.** Mayor Jim Watson said Ottawa will put a bid in to host the 2017 Grey Cup, to coincide with Canada's 150th anniversary.

"The period of talk is over. We're now moving in to the action phase," Watson said.

The period of talk lasted several more hours on Tuesday, with an overview from City Manager Kent Kirkpatrick and 16 other people delivering presentations for and against.

Capital Coun. David Chernushenko, a critic of the redevelopment, argued councillors needed two more weeks to digest reports on the file before making a decision.

Kirkpatrick said that would delay council approval and jeopardize getting the stadium ready by the CFL season in 2014. Chernushenko's deferral motion was defeated.

"I think this has been a long journey and we're almost at the goal line," said CFL commissioner Mark Cohon.

"I've the confidence that this franchise will be successful. The vote that's coming up next week and then the issuing of the tender is really critical to hitting the 2014 gate."

ALEX BOUTILIER/METRO

Mayor Jim Watson tells councillors the time for talking about Lansdowne Park redevelopment is over.
ALEX BOUTILIER/METRO

Charges in oil-pipeline protests dismissed

Elizabeth Bernstein smiles outside the courthouse at 100 Constellation on Tuesday after having a trespassing charge dismissed. Justice of the peace Pauline Brecher threw out charges against Bernstein and 12 other people who were arrested for obstructing police and charged with trespassing during a Sept. 26, 2011, protest on Parliament Hill about the Keystone XL pipeline and lack of action on climate change. SEAN MCKIBBON/METRO

Strip search not sexual, special constable says

Desjourdy trial. Witness says search methods haven't changed since controversial arrest

JOE LOFARO
joe.lofaro@metronews.ca

There was nothing sexual about Ottawa police Sgt. Steven Desjourdy putting a topless female prisoner in a cell after he cut off the woman's shirt and removed her bra, a special constable told a court Tuesday.

In her second day of testimony in the sexual-assault trial of Desjourdy, Special Const. Melanie Morris said Desjourdy did not try to exert power over the woman in a sexual manner, nor did he make comments that could have been construed as a sexual reference when the woman was being strip-searched.

Desjourdy has pleaded not guilty to sexually assaulting the woman at the centre of the trial. She was arrested on Sept. 6, 2008, for public intoxication, but a physical confrontation ensued in cellblock that ended with a strip search.

Throughout his questioning of Morris, defence lawyer Michael Eddelson argued Desjourdy's actions were not sexually motivated and were not meant to humiliate the prisoner.

Desjourdy cut the woman's clothing after she mule-kicked Morris during the search.

"Did she claim she was sexually assaulted?" Eddelson asked Morris, about her interaction with the woman at the time.

"No, sir. Not that I could recall," she replied.

Morris also agreed with Eddelson that Desjourdy used the least intrusive method of removing her clothes. He used latex gloves and a pair of scissors, which had a blunt edge.

Morris agreed with Eddelson that events unfolded "very quickly. It was a very fast, unpredictable situation."

She also agreed the private strip-search room was only for "co-operative" prisoners.

Morris defended her own conduct in the holding area before the woman started to actively resist police.

Morris said her hand went into the top of the woman's pants as she was searching her because prisoners need to be cleared of any potentially harmful objects before being lodged in a cell.

Eddelson asked if Morris' search method for female prisoners is the same today as it was in 2008.

"It's how I search waistbands," Morris said. The trial continues Wednesday.

SMENU

Mobile news

Qriket

Man vs. bear? Scan the code to see how one woman's NIMBYism evolves into yelling at bears.

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A kiss to build a dream on? Justin Trudeau and wife Sophie Grégoire after he announced he's running for the leadership of the federal Liberal party. PAUL CHIASSON/THE CANADIAN PRESS

He's their man: A Montreal crowd welcomes Justin and Sophie Tuesday night. PAUL CHIASSON/THE CANADIAN PRESS

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That 'secret' is out: Justin is running

A new Trudeau era?
'Rock star' candidate tells crowd he's determined to build 'a better life, a better Canada'

Justin Trudeau is off and running.

He revealed the worst-kept secret in Canadian politics on Tuesday — he's in the federal Liberal leadership race.

"I am running because I believe this country wants and needs new leadership," he told a Montreal crowd.

But he faces a double-edged challenge:

He's determined to breathe new life into a party he said has lost touch with middle-class Canadians.

Even harder, he must confront those critics who say he's just a pretty face with a famous last name.

Trudeau told a crowd peppered with Liberal luminaries that he has a vision for Canada's future "grounded not in the politics of envy or mistrust." That vision, he declared, "understands, despite all the blessings beneath our feet, that our greatest strength is above ground, in our people.

"All Canadians, pulling together, determined to build a better life, a better Canada."

But as the middle class in China, India, South Korea and Brazil enjoys increasing prosperity, Canadians are experiencing the opposite, he said — stalled income levels, escalating costs and debt.

"What's the response from the NDP? To sow regional resentment and blame the successful.

"The Conservative answer? Privilege one sector over others and promise that wealth will trickle down, eventually."

Both are "tidy ideological answers," he said. "The only thing they have in common is that they are both, equally, wrong."

On Wednesday, Trudeau embarks on a cross-Canada tour designed to prove he's more than just his famous father's telegenic offspring.

THE CANADIAN PRESS

Quoted

"I think Justin has a lot to offer the country."

Gerard Kennedy, who himself is still pondering whether he'll take a second run at becoming federal Liberal leader.

The man

Following in his dad's footsteps

Justin Trudeau has been in the public eye since he was born on Christmas Day, 1971.

As a child, he travelled the country and the world with his famous father, then prime minister.

He was a school teacher before jumping into politics in 2008.

He eschewed offers to run in Montreal's Outremont riding — now held by NDP Leader Tom Mulcair — choosing instead to fight a contested nomination in Papineau, once a Bloc Québécois stronghold and among the poorest ridings in the country.

He defeated a star Bloquiste in 2008 and bucked the NDP tide that swept Quebec in 2011.

In Liberal circles, he is an undisputed rock star.

He boasts more than 150,000 followers on Twitter.

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American farmer eaten by his hogs

This June photo shows hogs at a farm in Buckhart, Ill. An Oregon farmer was eaten by his swine, investigators say. M. SPENCER GREEN/THE ASSOCIATED PRESS FILE

Mysterious death. Only dentures and body pieces found as authorities investigate several possible scenarios

Investigation

"For all we know, it was a horrific accident."

Coos County district attorney Paul Frasier

Authorities are investigating how a U.S. farmer was eaten by his hogs.

Terry Vance Garner, 69, never returned after he set out to feed his animals last Wednesday on his Oregon farm, the Coos County district attorney said Monday.

A family member found Garner's dentures and pieces of his body in the hog enclosure several hours later, but most of his remains had been consumed, District Attorney Paul Frasier said.

It's possible Garner had a medical emergency, such as a heart attack, or was knocked over by the animals, then killed and eaten, Frasier said, adding that at least one hog had previously bitten Garner.

The possibility of foul play is being investigated as well.

"For all we know, it was a horrific accident, but it's so doggone weird that we have to look at all possibilities," Frasier told The Register-Guard newspaper.

A pathologist was unable to identify a cause or manner of death, the newspaper reported. The remains will be examined by a forensic anthropologist at the University of Oregon.

Terry Garner was "a good-hearted guy" who cared for several huge adult sows and a boar named Teddy, said his brother, Michael Garner, 75, of Myrtle Point.

"Those animals were his life," Michael Garner said. "He had all kinds of birds, and turkeys that ran all over the place. Everybody knew him."

Domestic hogs are not typically known to be as aggressive as their feral cousins, but "there is some degree of danger associated with any animal," John Killefer, who heads the Animal and Rangeland Sciences Department at Oregon State University in Corvallis, told the newspaper.

THE ASSOCIATED PRESS

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Police arrest 'Internet Black Widow'

Attempted-murder charge. Cape Breton woman arrested after her husband suddenly became ill; previous charges include theft and manslaughter

Police in Cape Breton have charged a 77-year-old woman infamously known as the "Internet Black Widow" with attempted murder after her husband suddenly became ill.

Melissa Ann Weeks of New Glasgow, N.S., is also charged with administering a noxious thing.

Investigators say the accused's 75-year-old husband was taken to hospital in Sydney, N.S., on the weekend after falling ill at an inn.

They arrested a woman following an investigation into the health of the New Glasgow man who police say has since been treated and released. Weeks is due in Sydney provincial court later on Wednesday.

Weeks was sentenced in 2005 to five years in prison on seven counts of theft from a man in Florida she had met online.

Investigators in that case said she stole about $20,000 US from Alexander Strategos.

In 2001, she was convicted of manslaughter in the death of her husband, Gordon Stewart, who she had drugged and run over twice with a car in 1991 outside Halifax.

She served two years of a six-year sentence for that crime. THE CANADIAN PRESS

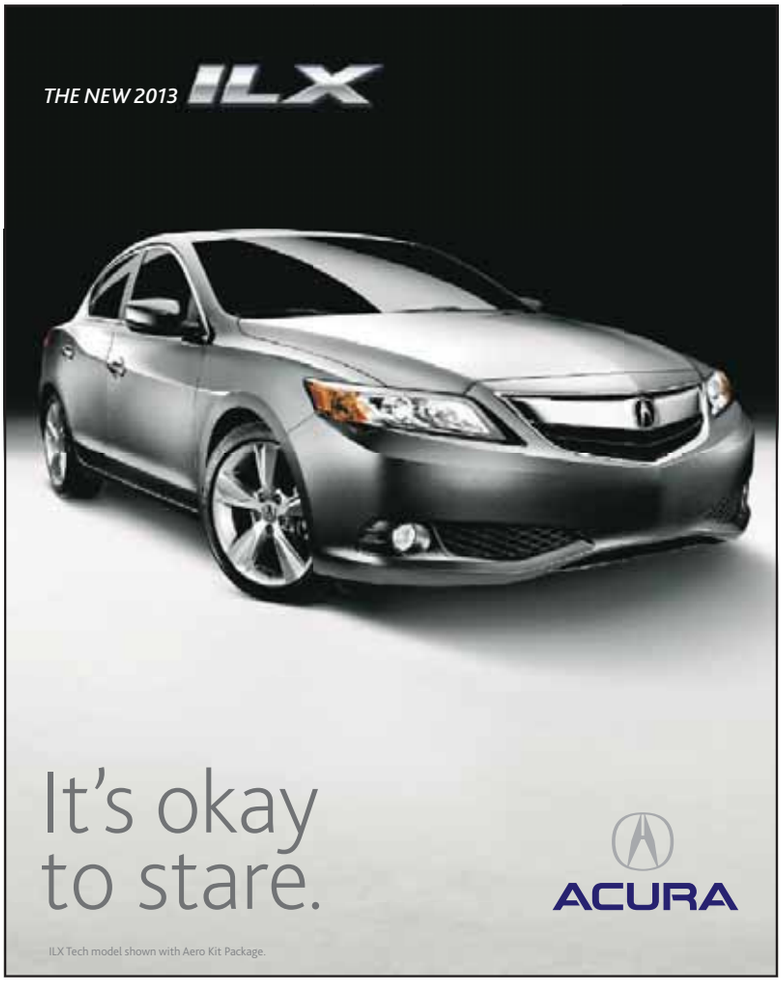
The incident

- Cheryl Chambers, the operator of an inn in North Sydney, said a couple named Fred and Millie Weeks checked in early Friday morning.
- Chambers said on Saturday morning, Millie came downstairs alone and said her husband wasn't well. She said paramedics later arrived and took her husband to a hospital.

Melissa Ann Weeks leaves a Cape Breton regional police vehicle escorted by Const. Erin Donovan for a court appearance at the Sydney Justice Centre in Nova Scotia Tuesday. VAUGHAN MERCHANT/THE CANADIAN PRESS

Rallying for peace

An Indian man and children dressed as Mahatma Gandhi wait for the start of a rally against violence to mark the anniversary of Gandhi's birth in Ahmadabad, India, Tuesday. AJIT SOLANKI/THE ASSOCIATED PRESS



Gay teens

Group files suit to block law that bans conversion therapy

A Christian legal group has filed a lawsuit to overturn a first-of-its-kind California law that prohibits licensed mental-health professionals from practising therapies aimed at making gay and lesbian teenagers straight.

The Sacramento Pacific Legal Institute is challenging the law signed Saturday by Gov. Jerry Brown. The lawsuit was filed late Monday in U.S. District Court. THE ASSOCIATED PRESS

Alleged gang rape

Investigation involving former IMF official dropped

A prosecutor in France says officials have dropped a preliminary investigation into allegations of rape in a Washington, D.C., hotel by former International Monetary Fund chief Dominique Strauss-Kahn.

State prosecutor Frederic Fevre said Tuesday that the supposed victim, an escort girl, went back on her original account and now says no rape was involved. THE ASSOCIATED PRESS

Mall collapse

Families of Elliot Lake victims claim negligence in lawsuit

Relatives of two women killed when a rooftop garage collapsed in Elliot Lake, Ont., in June are alleging the provincial government and mall owner were negligent in lawsuits that claim complaints about the structure were ignored.

The parallel suits, which also name the city and engineers who said the Algo Centre Mall was safe, seek several million dollars in damages for relatives of Doloris Perizzolo and Lucie Aylwin. THE CANADIAN PRESS

Pope's butler says he's innocent of theft

Pope Benedict XVI's one-time butler declared Tuesday he's innocent of a charge of aggravated theft of the Pope's private correspondence, but acknowledged he photocopied the papers and said he feels guilty that he betrayed the trust of the pontiff he loves like a father.

Paolo Gabriele took the stand Tuesday in a Vatican courtroom to defend himself against accusations of his role in one of the most damaging scandals of Benedict's pontificate.

Prosecutors say Gabriele stole the Pope's letters and documents alleging power struggles and corruption inside the Vatican and leaked them to a journalist in an unprecedented papal security breach.

Gabriele faces four years in prison if he is found guilty, although most Vatican watchers expect he will receive a papal pardon if he is convicted.

During Tuesday's hearing, Gabriele's attorney complained that her client spent his first 20 days in Vatican detention in a room so small he couldn't stretch his arms out and with lights kept on 24 hours a day.

Vatican police swiftly defended their treatment of Gabriele, but the Vatican prosecutor opened an investigation regardless.

Quoted

"I declare myself innocent concerning the charge of aggravated theft. I feel guilty of having betrayed the trust of the Holy Father, whom I love as a son would."

Paolo Gabriele on stealing Pope Benedict XVI's private letters

Prosecutors have said Gabriele, 46, has confessed to leaking copies of the documents to Italian journalist Gianluigi Nuzzi, because he wanted to expose the "evil and corruption" in the church.

They quoted him as saying in a June 5 interrogation that even though he knew taking the documents was wrong, he felt inspired by the Holy Spirit "to bring the church back on the right track."

THE ASSOCIATED PRESS

Paolo Gabriele
THE ASSOCIATED PRESS

HAIL STORM JUSTIN TRUDEAU? WIND CHILL GARY BETTMAN?

JUST SAYIN'
Paul Sullivan
metronews.ca

Winter is coming.

And that's not just the tag line for Season 3 of Game of Thrones.

It's really coming, in a meteorological, as well as mythological sense.

Only now, winter will never be the same. In the U.S., The Weather Channel (TWC) has unilaterally declared it will start naming winter storms the way the National Hurricane Center names tropical storms.

What's in a storm name?

I'm actually looking forward to the change in seasons for the first time since a snow day actually meant I could stay home and watch cartoons.

Instead of alternating male names with female names, TWC will name winter storms after mythological figures, starting with Athena, Brutus and Caesar. Too bad it's alphabetical, because if Brutus could follow Caesar, weather nerds could amuse themselves by arching their eyebrows and declaring "Et tu, Brute" ad nauseam. (Excuse the Latin blizzard.)

This is a real marketing breakthrough for The Weather Channel, which in a single stroke has branded winter as a TWC event. As it has a 76 per cent share of the weather-nerd market, everyone else — which is to say, TWC's annoying competitor, Accuweather — will have to follow TWC's lead. "We are concerned," Accuweather commented, "about the lack of strict criteria with naming winter storms." They are not amused.

Well, I guess. They just lost winter. But if I were Accuweather, I wouldn't waste any more time being a sore loser and get right on spring and fall. Think of the possibilities: Ice Jam Snoop Lion, Windstorm Rex Murphy, First Frost (Name of local Homecoming Queen goes here).

Now that TWC has turned winter weather into a name-calling event, I'm actually looking forward to the change in seasons for the first time since a snow day actually meant I could stay home and watch cartoons.

I could probably still stay home and watch cartoons and no one would care. But I would. I would care.

But people with critical jobs, such as TV-weather personalities, will now be able to phone in, blame the wrath of Khan or a spell cast by Gandalf, and turn over and go back to sleep.

As far as I can tell, anything goes on the mythology front. Italian stallions like Rocky take their place next to Greek gods Athena and Zeus, although it would be better if Rocky referred to Rocket J. Squirrel (speaking of the cartoons of my misspent youth), which would mean we could look forward to Winter Storm Bullwinkle, but that's almost too much to hope for. I can only remind the people at TWC that Rocky and Bullwinkle did come from Frostbite Falls, Minn. Winter lives there for sure.

The best part is that we can finally play along here in Canada. Blizzards are as commonplace as hurricanes are scarce north of the 49th. We could have a different fun weather event almost every day, although there's a real danger we'll hit Zeus in mid-February, when, in certain parts of this godforsaken tundra, winter's just getting started.

In that case, we can always tap into our local mythology and name the next one Winter Storm Sidney Crosby? Because apart from winter, he represents the other thing we're good at.

Whaddya gonna call that one, son? NATHAN DENETTE/THE ASSOCIATED PRESS

Time for a swim or a quick bite?

KATHLEEN REEDER/SOLENT

Animal instincts

Tiger hunts down handler into pool

This brave zookeeper took a real leap of faith ... into a swimming pool with a formidable tiger.

Animal handler Jeff Harwell, 30, dove into the water with a 204-kilogram Bengal tiger named Akasha in close pursuit.

The dynamic duo are the main event of a stunt show at Arizona's Out of Africa Wildlife Park.

METRO

Animal handler's view

"We're just playing, having a good time. All I see is her eyes and how intense they are, and she's trying to figure out what move I'm going to make that will make her spring."

Jeff Harwell

Reaction to photo

Critic condemns 'shocking' image

But this stunt is not without its critics.

"It's truly shocking," Adam Roberts, executive vice-president of animal-rights group Born Free USA, told Metro.

"It sends out a terrible message, that wild animals can be kept in close proximity with humans." He added: "This could easily end up in tragedy, with someone getting killed by a tiger." **METRO**

Jeff Harwell with Akasha.
CONTRIBUTED

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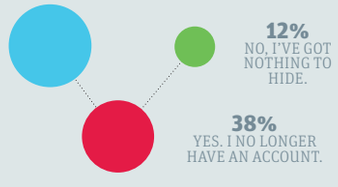
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@ItzelGuerreroGa: As long as you love me, you love me

@sheilagervais: I must say (and have before) I like the term, 'broad minded', much more than spectrum, or progressive #cdnpoli #LPC

@Homefry13: Ha! Kitteh just a sleepin' RT @BoingBoing: What? You're not watching Kittencam right now? WHY DO YOU HATE KITTENS http://t.co/sVrzNm2J

@softgrasswalker: RT @canadiancynic: RT @canadiancynic: I wonder how Ezra would have handled it if Sgt. Christopher Speer had been Roma. Oh, the cognitive dissonance ...

@liightskiinxoxo: #DontTouchMy wallet.

metro

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ILX Tech model shown with Aero Kit Package.

E. coli concerns. Beef recall adds dozens more products

Another day, yet another recall of beef products from Alberta's XL Foods. The Canadian Food Inspection Agency says in an updated health-hazard alert that dozens of additional products, including roasts and sausages, have been added to a long list of recalled beef.

The agency announced the expanded recall as it continues to investigate the Brooks, Alta., meat-packing plant, which had its licence temporarily suspended last week. The CFIA is warning the public, distributors and food-service establishments not to consume, sell or serve any of the beef products on the list because they may be contaminated with E. coli.

In Ontario, the new additions include products sold by The Kitchen Table, Zehrs, Your Independent Grocer and Valu-Mart. The entire list can be found at inspection.gc.ca.

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Fish-tracing site looks to expand beyond Canada

Sustainability.

Service lets consumers find out who caught their dinner and how

Developers of a small Canadian website that has allowed consumers to trace hundreds of thousands of fish back to those who caught them are gearing up for a global presence.

Ecotrust Canada is in talks with East Coast mussel farmers and West Coast Dungeness crab fishermen to add their products to the online traceability program offered by thisfish.info, says Tasha Sutcliffe, vice-president of the non-profit organization and director of its fisheries program.

Sutcliffe said her organization has also met with interested non-governmental organizations, fishermen and restaurants in Australia and has received inquiries from Portugal, Costa Rica and the U.S.

Already, the website, which launched in 2010, allows consumers to trace 16 different fisheries back to hundreds of Canadian fishermen employed on both coasts, she says.

An employee holds fish tags at Ecotrust Canada in downtown Vancouver on Friday. A Canadian website that allows consumers to trace fish back to the people who caught them is preparing for a global presence.

JONATHAN HAYWARD/THE CANADIAN PRESS

"With the seafood industry, you know, some people care very much about the sustainability of their catch," she said. "They want to know that it's caught from a sustainable fishery, how it's caught, perhaps even if they're interested enough ... in the stock status."

The program requires the participation of every agency in the distribution chain, from the fishermen to the consumer. Fishermen assign a code to their catch and upload that information to the website, including details about where, when and how the fish were caught.

The code then follows the fish as they move through the processing and distribution chain. To learn about their fish, consumers just enter the code into the website. So far, consumers have traced more than 362,500 fish.

THE CANADIAN PRESS

Most valuable brands

BlackBerry sinks to No. 93 in global brand ranking

The BlackBerry brand that once dominated the smartphone landscape has plummeted nearly to the bottom of the latest ranking of global brands by an international consultancy. Interbrand said that Research In Motion's BlackBerry is now 93rd on its list of 100 most valuable global brands, down from 56th in 2011.

THE CANADIAN PRESS

Market Minute

DOLLAR 101.60¢ (-0.16¢)

TSX 12,391.23 (+21.04)

OIL $91.89 US (-$0.59)

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SCENE 2

On the web

Norah O'Donnell tries to make the most of her mornings on CBS

Liam Neeson gets big bucks these days with roles like in Taken 2, but prior to killing bad guys, he showed a softer side. HANDOUT

Neeson has a particular set of skills that aren't violent

Taken 2. Before he was fighting wolves and hunting bad guys, the Irish actor played a number of roles that showcased his nice-guy personality

IN FOCUS
Richard Crouse
scene@metronews.ca

In this weekend's Taken 2, Liam Neeson tells his daughter that he will do, "what I do best," which, apparently, is wallop bad guys, grimace and leave a trail of destruction a mile wide. He plays a retired CIA agent with a "particular set of skills" who will do anything to protect his family.

Neeson's habit of paying the rent with chest-beaters like Battleship, Unknown and The A-Team led one macho movie fan to post on Facebook some conclusions.

"After watching the movie The Grey, I can only come to the (very logical) conclusion that Liam Neeson should be King of the Earth. Who's better than Liam Neeson? Nobody. That's who. Nobody."

His burly build and steely glare have made the 60-year-old an action star.

"Believe it or not, I have even had Arnold Schwarzenegger and Bruce Willis calling my agent saying, 'How do I get these scripts?,'" he said.

Quote

There was a time when a kinder, gentler (Liam) Neeson ruled the screen.

But there was a time when a kinder, gentler Neeson ruled the screen.

His first film, 1977s Pilgrim's Progress, was so low budget he played several characters. He's credited as the Evangelist, a main character in John Bunyan's Christian allegory, but can also be seen subbing in as the crucified Jesus Christ.

It was another supporting role in a movie called Shining Through that led to his breakthrough. In it he plays a Nazi party official opposite Michael Douglas. The performance so impressed Steven Spielberg he cast Neeson as Oskar Schindler in Schindler's List, which turned him into an Oscar-nominated star.

He parlayed that fame into starring roles in period pieces like Rob Roy, Michael Collins (at the age of 43 Neeson was 12 years older than the real-life Michael Collins when he died) and Les Misérables. Then comedies Breakfast on Pluto and High Spirits also showcased his more amiable side.

High on the list of his mild-mannered roles are two films with Laura Linney. He's worked with her so often on stage and in the movies they joke they feel like "an old married couple." They're part of the ensemble cast of Love Actually and play husband and wife in Kinsey, about America's leading sexologist Alfred Kinsey.

Neeson, as we can see, can portray almost anything on screen, but even he was surprised by the success of Taken, his first action hit.

"I was a tiny bit embarrassed by it, but then people started sending me action scripts."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kardashian and Lopez to be hosts of X Factor

THE WORD
Dorothy Robinson
scene@metronews.ca

Ryan Seacrest is getting a little competition as host of a reality TV singing show: It was kind of announced yesterday (through TMZ; no official announcement has been made as of press time) that Khloe Kardashian and Mario Lopez will be the new co-hosts of The X Factor.

Earlier reports had Kardashian as the sole host but because of her contract with E!, there was a lot of back-and-forth; they kept Lopez on the sidelines as a back-up. But now it looks like they will share the duties together.

Good on Kardashian for distancing herself from the Kardashian cabal (heads up: Don't be surprised if you see Kardashian Kabal being used as the name of their new Home line for Sears) but Mario Lopez? How does this guy continue to have a showbiz career when Kelly Kapowski does not?

Curry back on Today?

Meanwhile, over at The Today Show, producers are doing a huge mea culpa about firing co-anchor Ann Curry and doing the unthinkable: they are going to have her back on the show on a routine basis in order to keep the morning show's ratings from sliding any further.

Robert Pattinson

Don't worry, Robert. You're still the sexiest man alive

Maybe this will help take his mind off the whole Kristen Stewart cheating scandal thing: Twilight star Robert Pattinson has been named the Sexiest Man Alive by Glamour U.K. for the fourth year in a row. The Brit-heavy list awarded Avengers star Tom Hiddleston the No. 2 spot, while Johnny Depp, Michael Fassbender and Sherlock star Benedict Cumberbatch rounded out the top five.

Kopelman and Barrymore

Suck it up: Tasty baby names are still in vogue

Drew Barrymore is a new mom, giving birth to baby girl Olive last week, according to a statement by her reps.

"We are proud to announce the birth of our daughter, Olive Barrymore Kopelman, born Sept. 26, healthy, happy and welcomed by the whole family," The statement reads. "Thank you for respecting our privacy during this most special time in our lives." This is the first child for Barrymore and husband Will Kopelman, who tied the knot in June.

Hormonal Breakouts?
Not Just a Teenage Problem!

Hormonal breakouts, such as acne that is marked by pimples, whiteheads, blackheads and cysts affect many teenagers today. But teenagers are not the only ones; acne can strike adults too - more than half of all adult women and about a quarter of adult men.

As the largest organ in the body, the skin is one of the best indicators of how healthy we are on the inside. Acne can have many underlying causes including: poor digestion and dietary intake (vitamin and mineral deficiencies), food allergies, hormonal imbalances, and stress.

Many women will typically see hormonal breakouts during their menstrual cycle due to hormonal fluctuations. Estrogen dominance due to hormone replacement therapy, the birth control pill, xenoestrogens from the environment (BPA, phthalates, parabens) or a sluggish liver can also contribute to hormonal breakouts.

EstroSense is a unique natural formula that helps maintain healthy hormone balance by supporting the liver and in turn, healthy skin. It combines key ingredients such as calcium-d-glucarate, indole-3-carbinol, sulforaphane, milk thistle and DIM for promoting liver detoxification of "bad" estrogens and excretion of harmful xenoestrogens. EstroSense also provides Tumeric, Lycopene, Rosemary and Green tea for powerful antioxidant support.

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LIFE 3

On the web

Qriket

New Travel Channel show goes behind the scenes at Miami International Airport

Looking for a place to unwind? Lonely Planet host Dominic Bonuccelli shares his favourite relaxation spots. Watch the new Lonely Planet series premiering Thursday at 10 p.m. ET/PT on Travel + Escape.

DOMINIC BONUCCELLI
life@metronews.ca

5 Places to bust the stress

SHAYAN/FLICKR

Death Valley, California

Sure, post-apocalyptic wastelands aren't everyone's cup of tea, but Death Valley gets my vote for the most mythic landscape in North America. It's the lowest point in the Western Hemisphere, full of Saharan sand dunes, endless fields of jagged salt crystal formations (the Devil's Golf Course), and vistas brooding enough for the U2 Joshua Tree album cover. Try meditating under the thick veil of silence, so intense you can hear the very hum of existence itself.

Banff, Alberta

Everyone knows Banff National Park has some of the best skiing and snowboarding, but I recommend hitting Lake Louise and the surrounding area in the summer blast. The Lake is blue, the colour of a child's imagination and home to the opulent Fairmont Chateau for those who relish the finer things. Summer allows you to rent a mountain bike and shred down miles of amazing alpine terrain with wildflowers and brain-melting views teeming with wildlife. Hit the Banff Upper Hot Springs on the way home to replenish your body.

SATORU KIKUCHI/FLICKR

ALOHAMAMMA/FLICKR

The Big Isle of Hawaii

You may have a more Robinson Crusoe experience on one of the more remote islands like Molokai or Lanai, but the big island of Hawaii will always be one of my favourite places on the planet. It hovers over a hole in the Earth's crust spouting magma, which makes it the youngest island and the one where you can (depending on the whimsy of Pele) watch lava drop into the ocean in pink-hazed fury under a full moon. If you want the pomp of a four-star experience you can linger on the dry side at the golf courses in Kailua-Kona, but I prefer the solace of the northern ranchlands near Waimea and the wetter, more serene eastern side amid main-street towns like Honoka'a.

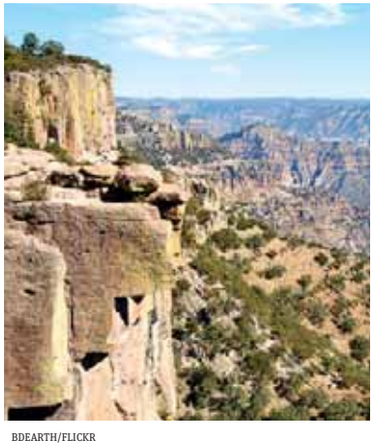
Cuba

Run to Cuba. Run there before the U.S. blockade ends and everything changes. Not that it shouldn't: the blockade is an anachronistic holdover from the Cold War that should go the way of the Dodo. But for now, Cuba remains frozen in 1958. Every pull-handle fridge, every '56 thunderbird with white-walled tires serving as a part-time taxi, every scrap of machinery heralds from the 1950s. The mojitos are the best you'll taste on the planet, swizzled with a stick of pure sugar cane, and you sip them while watching grandma and grandpa salsa dance on a street corner to live music at midnight. Run to Cuba, my friend.

COLROS/FLICKR

Copper Canyon, Sierra Madres, Mexico

I live just north of the Mexican border in Tucson, and I didn't even discover the Copper Canyon until three years ago. Shame on me. The drug war hasn't helped tourism much, but in reality tourists are very rarely targeted, and the adventurous travellers that venture in will be rewarded with a rustic wild-west train experience that crosses the Grand Canyon of Mexico on a daylong trip either direction between Los Mochis and Chihuahua. The Sierra Madres are breathtakingly gorgeous, and home to the Tarahumara Indians, the best long distance runners in the world and one of the most traditional and remote tribes in Mexico; a glimpse of their Easter celebration is an otherworldly experience.



BDEARTH/FLICKR

The Pepsi Forum showcases some of Montreal's hockey history. RYAN REMIORZ/THE CANADIAN PRESS

Get your hockey fix in the birthplace of the sport — Montreal

Cure for a lockout.
Home of the Habs echoes with the ghosts of puck glories past

It's considered by many as the cradle of modern hockey — a city that hosted the first-known organized match, witnessed the creation of the National Hockey League and cheered as local teams captured 41 Stanley Cups including the very first one.

All this would make Montreal an ideal tourist destination for hockey-starved fans this year as a lockout threatens the NHL season.

The city's landscape, however, offers few hints to the local role in shaping what has become a national pastime and world-class sport.

The key is knowing where to look. Decades of urban redevelopment and a shortage of historical markers have left few hints of Montreal's place in hockey lore.

Gone are the city's old hockey barns, arenas that helped craft the game's modern rules and housed several different Montreal clubs on their path to dozens of Stanley Cup titles.

Today, fabled sites like these have since been transformed into new uses: a grocery store, a movie theatre and a even a multi-level parking garage.

But the unassuming presence of hockey history here means the most determined visitors can still detect the subtle traces. Like the local legend that says ghosts patrolled the rafters of the old Forum, the game's past still resonates.

From the marking of centre ice at the reconfigured Forum, to the childhood home of Montreal Canadiens legend Maurice (Rocket) Richard, to the hotel where the NHL was first created, there's still plenty for enthusiasts to see, says an expert on the game's history in the city. "It's just amazing to go through the city like that," said Michel Vigneault, a Universite du Quebec a Montreal kinesiology professor who wrote his PhD thesis on the city's hockey-filled past. "But you have to know the history behind it because some places have been changed over time."

Vigneault said a significant chunk of that history is centred around the Victoria Skating Rink, an arena that hosted the first-recorded organized game in 1875 and inspired the dimensions for future NHL ice surfaces.

THE CANADIAN PRESS

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Jasper. Slow down and enjoy the ride through the Rockies

In an era where you can jump on a jet and be halfway around the world in half a day, it's a refreshing change to wind back the clock and do some travelling old-school style.

Via Rail offers an incredibly scenic, relaxing train journey from the northern B.C. coast to Jasper, Alta., but don't expect to get anywhere fast.

This is how they moved in style back in the day, with great stretches of wilderness, lakes and rivers, punctuated by little railway towns.

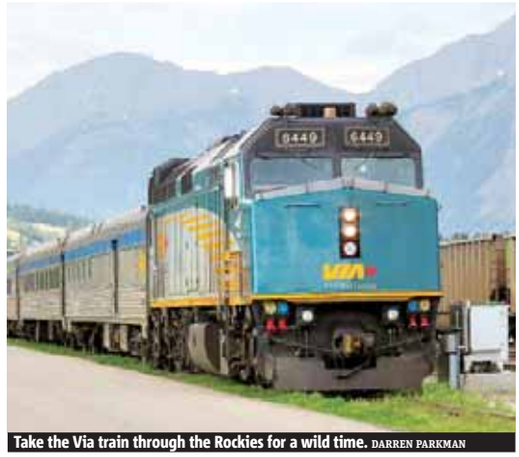
I have to admit the hum of the train lulled me into more than one nap along the 1,000-kilometre route, but there is no shortage of interesting stops along the way either.

Towns like Terrace, Smithers and McBride are rich in native culture, and have that small-town feel you can't find anywhere else.

I even found myself browsing through an impromptu town flea market during a whistle stop in Smithers.

The train itself is a bit dated, with a lounge car complete with 30-year-old magazines, and '70s-style decor.

Overall though, touring class offers great dome cars to enjoy the view of the stunning Rocky Mountains at a relaxed pace.



Take the Via train through the Rockies for a wild time. DARREN PARKMAN

After an overnight stop in bustling Prince George, we were soon crossing the Alberta border, where passengers delighted in spotting a couple of lazy grizzly bears lounging in a track-side field.

Finally, the train chugged into peaceful Jasper, where the scenery is equally spectacular.

You couldn't find a better setting to wrap up a long rail ride. At the stunning Fairmont Jasper Park Lodge, I found myself sipping a nightcap as a wild herd of giant elk slowly wandered the property, grazing just a few feet away from hotel guests.

All in all, a pretty cool experience, and the slower pace allowed for plenty of time to drink it all in.

DARREN PARKMAN IS THE TRAVELLIN' CANADIAN

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Cornucopia of activities

Long weekend. Make the most of Thanksgiving by relaxing and creating lasting memories

LEE ROMAN
For Metro

Take the time to relax with your family this Thanksgiving long weekend and create your own treasured memories. ALTRENDO IMAGES/STOCKBYTE/THINKSTOCK

There's really no other holiday like Thanksgiving — the day that's synonymous with feasting on turkey, mashed potatoes and, of course, seasonal pie of the apple or pumpkin kind.

But food aside, Thanksgiving weekend is also the perfect time take in some other activities with family and friends.

Here are a few ways to have fun, celebrate fall and create bountiful memories this long weekend.

1 Take in the fall colours: Plan a leisurely stroll around the neighbourhood to check out the changing leaves and splendid fall hues. Or load up the family in the car and take a drive to the nearest park, walking trail or conservation area. Make sure you take a camera along so you can do a fun fall photo shoot.

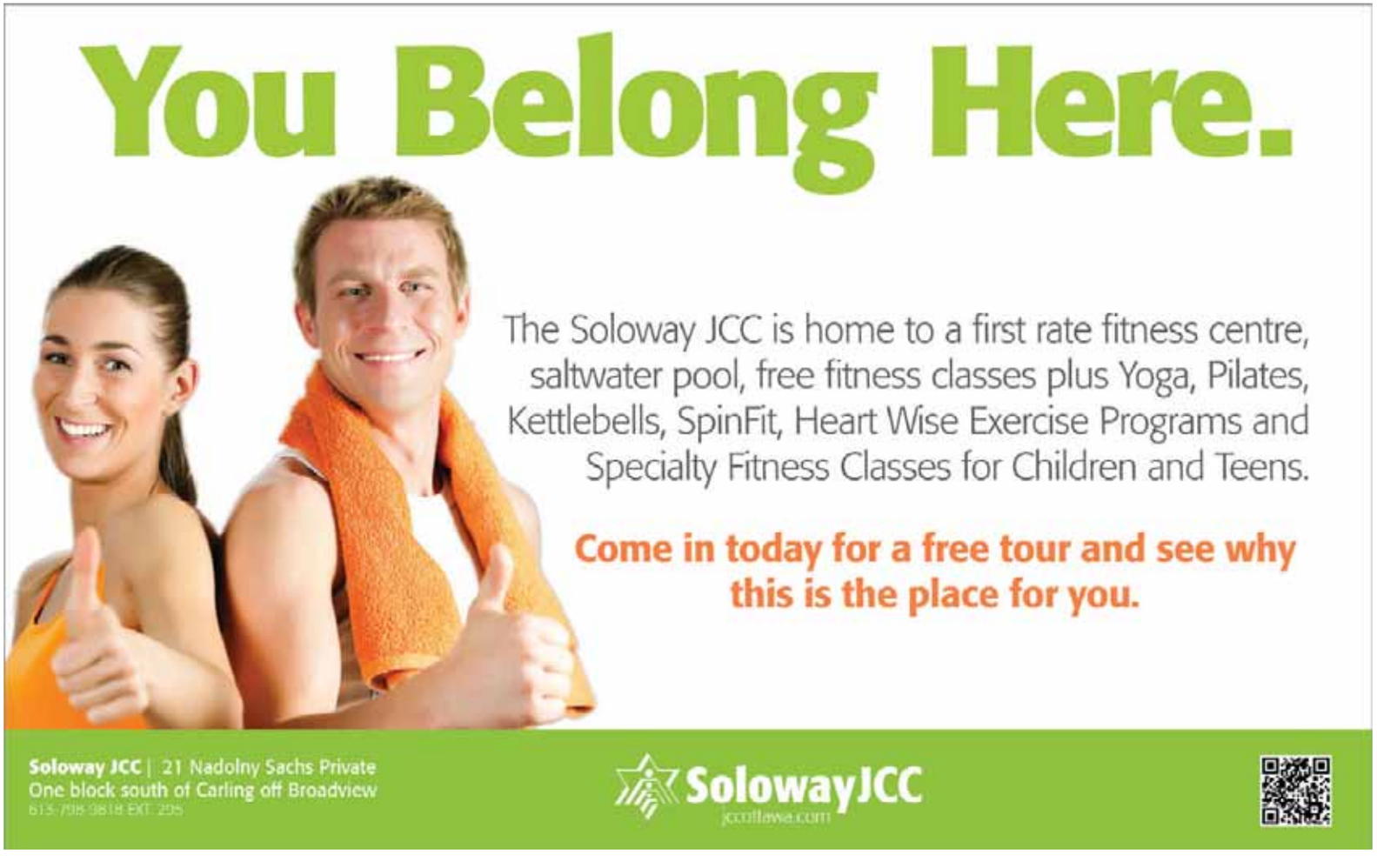
2 Go apple picking: Canada is ripe with farms to pick your own apples. A quick online search will provide a listing of local U-pick orchards. If you are taking children with you, make sure you choose a location that has dwarf trees for easy picking. Tip: When you find that perfect apple, don't yank the apples from the tree. Lift the apple upwards and give a sharp twist to prevent other apples from falling from the tree.

3 Bake something special together: Set a couple of hours aside to make Thanksgiving-themed cookies with family members or friends. You will find sprinkles, icing and a variety of different shaped cookie cutters, including pumpkins, maple leaves, turkeys and more in craft or kitchen stores. And remember that kids love to help, so use the opportunity to include them in the cookie cutting, baking and decorating.

4 Get spooked: Although Halloween is still a few weeks away, haunting season has already begun in many cities and towns. If you like a good scare, goblins, ghosts and other terrors of the night aren't usually too far away at this time of the year. Check out the Internet for scary activities, such as haunted hay rides and walking tours in your area.

5 Volunteer your time: Nothing reminds us more of how much we have to be thankful for than giving back to others in need. This weekend, why not consider helping out at a local food cupboard, volunteering at a homeless shelter or serving up Thanksgiving dinner at nearby food kitchen.

However you decide to spend Thanksgiving weekend, make sure to take the time to relax and create your own treasured moments.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Show me the money-related role

Take this advice to the bank. Making cents of an interview in financial services

ISHANI NATH
TalentEgg.ca

Sweaty palm syndrome can be solved by getting a handle on the job description. ISTOCK

Interviews can be scary. Between talking about your experience without talking too much, being easy-breezy but not too casual, and trying to hide your nervousness under your best business suit, there are many factors that can result in a good (or disastrous) job interview. In the financial services sector, like in many industries, the interview stage is when companies determine if you're a good fit for the job on a personal and professional level. We spoke with Nancy Moulday, manager of recruitment at TD Business Banking, to find out what sums up to a great interview in the financial services:

Know the job posting

"In preparing for the interview, it's important to take a look at those traits and behaviours that the interviewer and company are looking for," says Nancy. Therefore, she says, let the job listing be your guide when gearing up for the big day. When creating a job description, companies highlight the behaviours and skills that they're looking for in applicants. The key points outlined in the listing will give you a framework for answering some of the general questions (e.g., 'Describe your greatest success') and an opportunity to practice. Nancy adds that you should take care to not over prepare — interviewers aren't looking for the perfect answers word-for-word. Just be able to reflect back on your experiences and have examples that fit the job description at the ready.

Ask what to expect

Different jobs will require different styles of interviews. It is completely within the rights of the candidate to ask the interviewer what to expect from your interview, says Nancy. She says most companies are very up front about what form the meeting will take and are happy to share it with candidates to help them better prepare. In the financial services industry, it is particularly important to ask these questions in case testing will be involved, such as a financial statement analysis or business case review. Knowing what's involved in advance will ensure that you show up to the interview with the necessary tools (e.g., calculator, pens, etc.) and the necessary knowledge.

Bring a portfolio

Interviews are an opportunity for you to showcase how great you are, and it's important to have the paper to back it up. Nancy recommends that all candidates show up to their interviews with two copies of their resumé – one for their own review and one for the interviewer. She says you should also put together a binder or folder that contains the job listing, a cover letter, and any other documents that were specifically requested in the job description. Additional documents can include things such as proof of specific accreditation, reference letters and any previous work that you may be discussing during your interview.

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Much appreciated

Get in touch!

Like my mother loves to say: "Never underestimate the power of saying thank you." Follow up with employers after each interview to thank them for their time and briefly reiterate your interest and eligibility for the open position.

In the financial services world, new hires are often working with clients or customers and, therefore, Nancy says that this type of note reflects well on the courtesy and professionalism of candidates.

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Student Voice

Employers, keep an equal eye out for arts students

Fionn Smyth
Graduate
Bachelor of Arts in Labour Studies and Theatre & Film
McMaster University

TalentEgg.ca

After graduating with no job I took the opportunity to participate in J'Explore and learn French in a semi-immersion environment. After that I spent about six weeks constantly applying to work in full- time entry level positions either in my field or that could get me somewhere I wanted to go.

Finally I got a job but soon found out that it was not for me. After that I took a full-time position at Starbucks as a barista and was soon promoted to supervisor, however I still feel that there is more I could be doing with my education. Don't get me wrong, my job pays my bills, but I'm looking for more than that.

My recommendations for employers, schools and career centres

I recommend that schools do more for their students in the arts. As someone who took a combined honours degree I found it nearly impossible to figure out which route to take or even how to pursue things that I wanted. While some arts students do get the attention that they deserve I often found that I had to do a lot more digging than my colleagues in engineering or sciences.

What I'm doing now

Right now I'm still at Starbucks as a supervisor. I had different ideas in mind for this time of my life. I'm just paying my bills and trying to get ahead. I'm still looking for something that will be more fulfilling on the whole and something that will let me use my education. I'm also applying to teacher's college for the fall of 2013 but with the job market the way it is there is still a long way to go.

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Planning your next promotion

Be sure that you've benefited fully from your current learning experience before you decide to seek out a higher work status. ISTOCK

Climb toward that contract. It takes determination to chart an upward spiral in the financial field

ELIAS DA SILVA-POWELL
TalentEgg.ca

If you're just starting out at your first entry-level or early-career job in financial services or accounting, you may not have given too much thought to your long-term career objectives. But if you aspire to a management position one day, you'll need to start planning now.

A recent survey developed by Robert Half Management Resources has found that fewer than one third of management positions in accounting and finance were filled by candidates who were promoted internally. So take in these tips to beat the odds.

Speak up

You may need to raise your voice in order to give yourself a good shot, particularly if you're being overlooked. "If you get a sense that others have been identified for roles and you're not getting tapped on the shoulder, it's appropriate to ask for feedback in terms of what skill sets you're lacking," says David King, Canadian president of Robert Half.

Improve yourself

If you notice that you're lacking a skill in demand among managers at your company, try to learn close to home. "Seeking professional development that's sponsored by your company would be ideal, and if it isn't, you may have to look for it on your own time," says David. In either case, make sure your supervisor is aware that you're dedicating your own time to broadening your skill set on your employer's behalf.

Advertise yourself

Performance reviews give you the opportunity to build on your employer's existing impression of you while emphasizing steps you've taken to put yourself in line for a move up the ladder. "That ensures that they see you are, one, interested in and, two, capable of promotion," he says. Key among these steps is taking on special projects which demonstrate skills you don't use in your regular job.

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Not into pumpkin sweets? Try this updated version of Lemon Meringue

ROSE REISMAN
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This is a twist on a Lemon Meringue Pie — the filling has a creamier, custard-like texture. The meringue doesn't leak and holds its shape for at least two days in the fridge.

1. Preheat the oven 350 F. Lightly coat a 9-inch pie pan with cooking spray.

2. Crust: Combine crumbs, water and oil bowl. Pat into the sides and bottom of the pie pan.

3. Filling: Combine condensed milk, lemon zest, lemon juice and egg yolk. Let sit 10 mins. until thickened. Pour into pie pan and bake 20 mins. or just until the mixture is set.

4. Meanwhile, make the meringue. Combine egg whites, sugar, cream of tartar and water in a clean bowl. With electric beater, whip at the highest setting for about 8 mins. or until stiff peaks form. Spread over the lemon filling.

5. Increase the oven temperature to 375 F and bake for 10 minutes or until meringue is just lightly browned. Chill until cold and cut into 4 small slices. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Nutritional analysis

Per serving (1 slice)

257 calories; 5.1 g protein; 45 g carbohydrates; 0.3 g fibre; 5 g total fat; 1.9 g saturated fat; 54 mg cholesterol; 87 mg sodium

Ingredients

Makes one nine-inch pie

Crust
- 1 1/2 cups vanilla wafer crumbs (made from 3 cups vanilla wafers)
- 2 tbsp water
- 1 tbsp vegetable oil

Filling
- 1 can (14 oz) + 2/3 cup low-fat sweetened condensed milk
- 1 tbsp lemon zest
- 1/2 cup lemon juice (freshly squeezed)
- 3 egg yolks (save the whites)

Meringue
- 3 egg whites
- 2/3 cup granulated sugar
- 1/8 tsp cream of tartar
- 3 tbsp water

Lemon Meringue Custard Pie

This recipe serves four to six. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Drink of the Week

Orange, Banana and Cinnamon Slushie

For a sweet dessert in a cup, try this slushie drink with its tasty dash of cinnamon. It's the perfect mid-day snack.

- 3 cups lightly crushed ice
- 1 cup no-pulp orange juice
- 2 bananas
- 1/2 cup agave syrup or honey
- 1/2 tsp cinnamon
- Pinch salt

Combine all ingredients in a blender. Purée until smooth. You may need to stop the blender once or twice and stir the ingredients in order to keep them moving in the blender. Serve immediately.

THE ASSOCIATED PRESS

Crisp Blueberry Shortcakes: Messy goodness

1. Heat the oven to 400 F.

Ingredients
- 1/3 cup plus 1 tbsp sugar
- 1/4 tsp cinnamon
- 3 sheets phyllo dough, trimmed to 12-by-16 inches
- Cooking spray
- 1 tbsp cornstarch
- Pinch table salt
- 1/3 cup water
- 2 cups fresh blueberries, divided
- 1 tbsp fresh lemon juice
- 1/2 tbsp grated lemon zest
- Low-fat vanilla yogurt, to garnish, if desired

2. In a small bowl, combine 1 tablespoon of the sugar with the cinnamon.

3. Lay 1 phyllo sheet flat on a baking sheet, keeping the remaining phyllo sheets covered with plastic wrap and a damp kitchen towel. Spray the phyllo sheet lightly with the cooking spray, then sprinkle it with 1 teaspoon of the cinnamon-sugar mixture.

4. Layer second sheet of phyllo over the first, coat it with cooking spray and sprinkle with another teaspoon of the cinnamon-sugar mixture. Repeat with the final sheet of phyllo.

5. Cut the stacked phyllo into 12 4-inch squares, leaving them on the baking sheet. Bake until crisp and golden brown, about 8 minutes. Transfer to a rack and let cool.

6. Meanwhile, in a small saucepan stir together the remaining 1/3 cup of sugar, the cornstarch and salt. Whisk in the water. Add 1/2 cup of the blueberries and cook over medium heat, stirring constantly, until the mixture comes to a full boil, the berries have popped, and the sauce has thickened. Remove from the heat and stir in the lemon juice and zest.

7. In a medium bowl, combine the thickened sauce with the remaining blueberries.

8. To serve, arrange 6 of the phyllo crisps on individual serving plates. Divide the blueberry mixture between them, spooning it over each. Top each with a second crisp. Serve topped with a spoonful of vanilla yogurt, if desired. They also can be sprinkled with powdered sugar or additional cinnamon.

THE ASSOCIATED PRESS/ SARA MOULTON OF THE SHOW SARA'S WEEKNIGHT MEALS AND AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

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5 FABULOUS CITIES TO VISIT

Take a walk on the wild side … in these five amazing cities.

DISCOVER: MUSIC SCENE IN MONTREAL

Whether you are into French hip hop, dance clubs or live indie rock, Montreal after dark is the place to be. Head over to SAT, a slick warehouse and new media space for DJs and performance artists, Le Social, a bohemian hangout in a 19th-century mansion, or La Sala Rossa, a performance hall for touring bands. And check the paper because depending on where you are in the city, entire blocks are often closed to traffic for free concerts. Find your peeps, settle in — and let loose!

HEIGHTENED EXPERIENCE: NIGHTLIFE IN BERLIN

Berlin's nightlife is filled with wild abandon and contagious energy … people are jammed into cafés and underground bars that are spinning tunes and fun well beyond dawn. What makes it especially electrifying is all of this is happening amidst historical remnants (the German capital staged a revolution, was headquartered by Fascists and bombed to bits in the 20th century). All you have to do is surrender to the blissed-out haze of beats and booze …

DRAMATIC: BONDI BEACH IN SYDNEY

Sydney, Australia, is a maze of sandstone headlands, lazy bays — and legendary surf beaches. The most famous is Bondi Beach, which is just several kilometres from the city centre. Dunk yourself into the consistently great foaming swells for a rough-and-tumble swim (the average water temperature is 21 C). The beach is always swarming, there's lots happening in street cafés, and there are also salt-water sea baths at either end of the beach.

PUSHING BOUNDARIES: EDGY CAMDEN TOWN IN LONDON

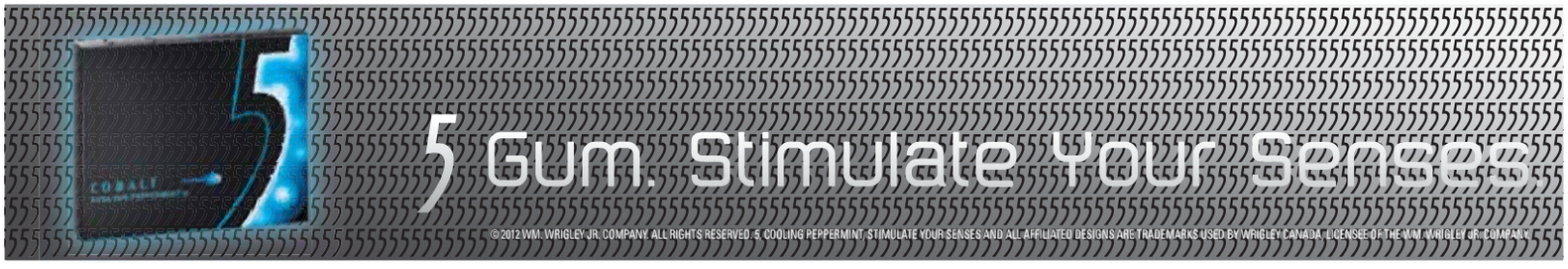
Camden Town is where it's happening in London, England. This area has been the centre of alternative culture since the '60s, and today it's a grungy paradise for Goths, punks and everyone in between. Check out the world-famous Camden Market for one-off clothing finds as well as lots of food stalls from around the world. Camden Town is also home to Abbey Road Studios and a slew of music venues and shops that reflect London's amazing musical history.

STIMULATE: DAKHLA, MOROCCO

One of the most exotic places to feel the power of the wind as it propels you across the water on a kite board is Dakhla. This western Sahara Desert town is one of the world's greatest wind — and kite-board surfing destinations! It's located on a narrow 48-kilometre long peninsula that stretches into the Atlantic Ocean and creates a huge lagoon. It's in that sandy lagoon where beginners and pros celebrate constant winds all year, flat water, great weather and lots of space. Grab your boards and go.

DAVID DE LOSSY/PHOTODISC/THINKSTOCK

FLICKR/CREATIVE COMMONS/MICHAEL ZIMMER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SPORTS 4

Progress stalls as lockout bill climbs to $100 million

Lockout. With no bargaining sessions ahead, loss of regular-season games looms

The NHL lockout has already cost the league almost $100 million in lost revenue.

That figure will likely end up looking like chump change by the time the sport's latest labour dispute is settled.

Talks broke off quickly between the league and the NHL Players' Association on Tuesday morning, and deputy commissioner Bill Daly emerged from the meeting saying he didn't have "any progress to report." For the first time, he also revealed the extent of the damage the lockout has inflicted so far — "close to" $100 million after the cancellation of the entire pre-season schedule.

"That is not going to be recouped and that's going to cost both sides," Daly told reporters in New York. "That's unfortunate but it's a reality of where we are."

Quoted

"We're still focused on doing what we can to minimize the damage."

NHL deputy commissioner Bill Daly on the looming cancellation of regular-season games.

The revelation didn't elicit much sympathy from the union. Executive director Donald Fehr pointed out the sides could have continued negotiating past the Sept. 15 expiry of the last agreement.

"If this is a loss, this is a loss that is entirely of their own making," Fehr told The Canadian Press in an interview. "They're the ones that did this; nobody told them to."

The $100 million lost so far represents approximately three per cent of the total amount of hockey-related revenue generated last season — essentially the pool of money the sides need to agree to split up.

And the 17-day lockout hasn't yet resulted in the cancellation of any meaningful games. However, with the regular season scheduled to begin on Oct. 11, it's only a matter of time before that happens.

There are currently no other bargaining sessions planned. Fehr spoke with commissioner Gary Bettman by phone on Tuesday afternoon and is hopeful negotiations could resume in Toronto before the end of the week. THE CANADIAN PRESS

Djokovic returns to court in Beijing

Serbia's Novak Djokovic returns a shot to Michael Berrer of Germany in their men's singles match at the China Open tennis tournament in Beijing on Tuesday. Djokovic defeated Berrer 6-1, 6-7, 6-2 in his first match since losing the U.S. Open final. In the second round of the women's tournament, top-ranked Victoria Azarenka and No. 3 Agnieszka Radwanska both advanced with straight-set victories.

ANDY WONG/THE ASSOCIATED PRESS

Mobile sports

Cricket

Three-time Olympic medallist Silken Laumann is blasting Rowing Canada's decision to part ways with men's eights coach Mike Spracklen. No reasons were given, but Spracklen has had a fractious relationship with Rowing Canada for years.

MLB. Greenberg strikes out at plate, but not with fans

Adam Greenberg struck out on three pitches Tuesday night when he batted for the first time in seven years after the Miami Marlins gave him a second chance.

Greenberg signed a one-day contract before the game and stepped to the plate as a pinch-hitter leading off the sixth inning against New York Mets 20-game winner R.A. Dickey.

After Greenberg received a standing ovation from the modest crowd and his teammates in Miami, Dickey threw him three consecutive knuckleballs. The game was Greenberg's first since his major league debut in 2005, when he was hit in the back of the head by the first pitch he saw — a 92-mph fastball that derailed his career.

Adam Greenberg on Monday night in Miami. GETTY IMAGES

THE ASSOCIATED PRESS

Hockey

KHL jumps gun in announcing ESPN3 deal

The Kontinental Hockey League says some of its games will be broadcast in the United States on ESPN3 during the NHL lockout.

The Russian-based league announced on its website Tuesday that it plans to air five games in the next week on ESPN's online streaming service.

However, ESPN spokesman Josh Krulewitz said "the agreement is not finalized."

THE ASSOCIATED PRESS

NBA. Lakers' Howard says back feels OK after practice

Dwight Howard participated in his first practice with the Los Angeles Lakers on Tuesday, going through a lengthy workout with no apparent concerns about his surgically repaired back.

Howard worked out with the Lakers' new starting five during much of the practice at the Lakers' training complex, running offensive drills with Steve Nash and playing a 1-on-1 against Pau Gasol.

Howard's performance was encouraging to the Lakers, who are being careful with their new franchise centre five months after surgery to repair a herniated disc in his back.

THE ASSOCIATED PRESS

Quoted

"He worked just as much as anybody else, so that was good."

Los Angeles forward Pau Gasol on Dwight Howard's first practice with the Lakers.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WC
z-New York	93	67	.581	—	—
z-Baltimore	92	68	.575	1	—
Tampa Bay	89	71	.556	4	3
Toronto	71	89	.444	22	21
Boston	69	91	.431	24	23

CENTRAL DIVISION

	W	L	Pct	GB	WC
x-Detroit	87	73	.544	—	—
Chicago	84	76	.525	3	8
Kansas City	71	89	.444	16	21
Cleveland	67	93	.419	20	25
Minnesota	66	94	.413	21	26

WEST DIVISION

	W	L	Pct	GB	WC
z-Texas	93	67	.581	—	—
z-Oakland	92	68	.575	1	—
Los Angeles	89	71	.556	4	3
Seattle	73	87	.456	20	19

z — clinched playoff berth; **x** — clinched division; **y** — clinched wild-card berth.

Tuesday's results
Boston at N.Y. Yankees
Chicago White Sox at Cleveland
Minnesota at Toronto
Baltimore at Tampa Bay
Detroit at Kansas City
Texas at Oakland
L.A. Angels at Seattle
Monday's results
Toronto 6 Minnesota 5 (10 innings)
Chicago White Sox 11 Cleveland 0
Detroit 6 Kansas City 3
L.A. Angels 8 Seattle 4
N.Y. Yankees 10 Boston 2
Oakland 4 Texas 3
Tampa Bay 5 Baltimore 3
Wednesday's games — All Times Eastern
Texas (Dempster 7-3) at Oakland (Griffin 7-1), 3:35 p.m.
L.A. Angels (Weaver 20-4) at Seattle (Beavan 10-11), 6:40 p.m.
Boston (Matsuzaka 1-6) at N.Y. Yankees (Kuroda 15-11), 7:05 p.m.
Chicago White Sox (Floyd 11-11) at Cleveland (D.Huff 3-0), 7:05 p.m.
Minnesota (Diamond 12-8) at Toronto (Morrow 9-7), 7:07 p.m.
Baltimore (Tillman 9-2) at Tampa Bay (Hellickson 9-11), 7:10 p.m.
Detroit (Scherzer 16-7) at Kansas City (Mendoza 8-9), 8:10 p.m.
END OF REGULAR SEASON

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WC
x-Washington	96	64	.600	—	—
y-Atlanta	93	67	.581	3	—
Philadelphia	81	79	.506	15	6
New York	73	87	.456	23	14
Miami	68	92	.425	28	19

CENTRAL DIVISION

	W	L	Pct	GB	WC
x-Cincinnati	96	64	.600	—	—
St. Louis	87	73	.544	9	—
Milwaukee	82	78	.513	14	5
Pittsburgh	78	82	.488	18	9
Chicago	60	100	.375	36	27
Houston	54	106	.338	42	33

WEST DIVISION

	W	L	Pct	GB	WC
x-San Francisco	93	67	.581	—	—
Los Angeles	85	75	.531	8	2
Arizona	80	80	.500	13	7
San Diego	75	85	.469	18	12
Colorado	63	97	.394	30	24

Tuesday's results
Atlanta at Pittsburgh
Philadelphia at Washington
N.Y. Mets at Miami
Houston at Chicago Cubs
San Diego at Milwaukee
Cincinnati at St. Louis
Colorado at Arizona
San Francisco at L.A. Dodgers
Monday's results
Colorado 7 Arizona 5 (13 innings)
Houston 3 Chicago Cubs 0
L.A. Dodgers 3 San Francisco 2
Miami 3 N.Y. Mets 2
Milwaukee 5 San Diego 3
Philadelphia 2 Washington 0
Pittsburgh 2 Atlanta 1
St. Louis 4 Cincinnati 2
Wednesday's games — All Times Eastern
Atlanta (Sheets 4-4) at Pittsburgh (A.J.Burnett 16-9), 12:35 p.m.
Philadelphia (Cl.Lee 6-8) at Washington (E.Jackson 9-11), 1:05 p.m.
Houston (E.Gonzalez 3-1) at Chicago Cubs (T.Wood 6-13), 2:20 p.m.
N.Y. Mets (Hefner 3-7) at Miami (Gaudin 3-2), 4:10 p.m.
Colorado (Francis 5-7) at Arizona (I.Kennedy 15-11), 7:10 p.m.
San Francisco (Vogelsong 14-9) at L.A. Dodgers (Kershaw 13-9), 7:15 p.m.
San Diego (Werner 2-3) at Milwaukee (Gallardo 16-9), 8:10 p.m.
Cincinnati (H.Bailey 13-10) at St. Louis (Wainwright 14-13), 8:15 p.m.
END OF REGULAR SEASON

AL LEADERS

	G	AB	R	H	Avg.
MiCabrera, Det	159	617	109	203	.329
Trout, LAA	137	551	129	179	.325
Mauer, Minn	145	540	81	174	.322
Beltre, Tex	154	596	95	190	.319
Jeter, NYY	157	673	99	213	.316
TorHunter, LAA	139	532	81	167	.314
Fielder, Det	160	578	83	181	.313
Butler, KC	159	609	72	190	.312
Cano, NYY	159	617	102	190	.308
Rios, ChiW	157	605	93	184	.304

RBIs — MiCabrera, Detroit, 137; Hamilton, Texas, 127; Encarnacion, Toronto, 110; Willingham, Minnesota, 110; Fielder, Detroit, 108; Butler, Kansas City, 107; Pujols, L.A. Angels, 105.
HOME RUNS — MiCabrera, Detroit, 44; Hamilton, Texas, 43; Encarnacion, Toronto, 42; ADunn, Chicago Sox, 41; Granderson, N.Y. Yankees, 41; Beltre, Texas, 36; Willingham, Minnesota, 35.
PITCHING — Weaver, L.A. Angels, 20-4; Price, Tampa Bay, 20-5; MHarrison, Texas, 18-10; Sale, Chi Sox, 17-8; Verlander, Detroit, 17-8.
Not including Tuesday's games

NL LEADERS

	G	AB	R	H	Avg.
MeCabrera, SF	113	459	84	159	.346
Posey, SF	146	524	77	176	.336
AMcCutchen, Pgh	155	586	107	193	.329
Braun, Mil	152	591	106	190	.321
YMolina, StL	137	501	65	159	.317
Craig, StL	118	465	76	144	.310
DWright, NYM	154	575	90	177	.308
Scutaro, SF	154	613	86	187	.305
Pacheco, Col	130	467	50	142	.304
CGonzalez, Col	135	518	89	157	.303

RBIs — Headley, San Diego, 113; Braun, Milwaukee, 112; ASoriano, Chi Cubs, 108; Pence, San Francisco, 104; ArRamirez, Milwaukee, 104; Holliday, St. Louis, 101; Posey, San Francisco, 101.
HOME RUNS — Braun, Milwaukee, 41; Stanton, Miami, 37; Bruce, Cincinnati, 34; Beltran, St. Louis, 32; LaRoche, Washington, 32; ASoriano, Chi Cubs, 32.
PITCHING — GGonzalez, Washington, 21-8; Dickey, N.Y. Mets, 20-6; Cueto, Cincinnati, 19-9; Lynn, St. Louis, 18-7; Hamels, Philadelphia, 17-6.
Not including Tuesday's games

LATE MONDAY

BLUE JAYS 6, TWINS 5 (10 INN.)

Minnesota	ab	r	h	bi	Toronto	ab	r	h	bi
Revere cf-rf	5	1	2	0	RDavis rf-lf	5	1	1	0
JCarrll 2b-3b	5	2	3	1	Rasms cf	4	0	0	0
Mauer dh	5	0	1	1	Sierra ph-rf	1	0	0	0
Parmel 1b	4	1	2	0	Lawrie 3b	4	1	2	0
Plouffe 3b	3	1	2	3	Lind 1b	4	1	4	2
ACasill 2b	0	0	0	0	McCoy pr	0	0	0	0
MCarsn rf-lf	5	0	1	0	YGoms 1b	1	1	1	1
CHrmn lf	3	0	0	0	YEscor dh	3	0	0	0
Span cf	0	0	0	0	KJhnsn 2b	3	1	1	0
Butera c	5	0	1	0	Vizquel ph	1	0	0	0
Flormn ss	5	0	0	0	Hchvrr ss	4	1	1	0
Mathis c	4	0	1	2					
Arencii ph	1	0	0	0					
Gose lf-cf	4	0	1	1					
Totals	**40**	**5**	**12**	**5**	**Totals**		**39**	**6**	**12**	**6**
Minnesota			**021**		**010**	**100**		**0—5**	
Toronto			**100**		**002**	**101**		**1—6**	

Two outs when winning run scored.
E—Hechavarria (3). DP—Toronto 2. LOB—Minnesota 10, Toronto 10. 2B—J.Carroll (18), Parmelee (10), Plouffe (18), Butera (6), Lind (14), Mathis (13). HR—Plouffe (24), Y.Gomes (4). SB—Revere (40), K.Johnson (14). S—Y.Escobar, Hechavarria.

Minnesota	IP	H	R	ER	BB	SO
Vasquez	5 2-3	6	3	3	3	1
Al.Burnett H,10	1	1	1	1	0	3
T.Robertson	0	1	0	0	0	0
Fien H,6	1-3	0	0	0	0	1
Burton H,18	1	1	0	0	1	2
Perkins BS,4-20	1	1	1	1	0	3
Duensing L,4-12	2-3	2	1	1	0	1
Toronto						
Laffey	5	8	4	3	0	0
Beck	1	1	0	0	1	0
Cecil	2-3	2	1	1	0	1
Lincoln	1 1-3	0	0	0	1	4
Janssen	1	0	0	0	0	2
Lyon W,4-0	1	1	0	0	1	1

T.Robertson pitched to 1 batter in the 7th.
HBP—by Lyon (A.Casilla), by Laffey (Parmelee). WP—Duensing.
T—3:14. A—12,359 (49,260) at Toronto.

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	13	8	5	0	360	378	16
Toronto	13	7	6	0	317	321	14
Hamilton	13	5	8	0	401	409	10
Winnipeg	13	3	10	0	247	406	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	13	9	4	0	338	249	18
Calgary	13	8	5	0	376	302	16
Saskatchewan	13	7	6	0	341	280	14
Edmonton	13	5	8	0	279	314	10

Saturday's results
Saskatchewan 27 B.C. 21
Toronto 29 Winnipeg 10
Friday's results
Calgary 39 Edmonton 15
Hamilton 41 Montreal 28

WEEK 15

Friday's game — All Times Eastern
Hamilton at Edmonton, 9 p.m.
Saturday's game
Calgary at B.C., 10 p.m.
Monday, Oct. 8
Winnipeg at Montreal, 1 p.m.
Saskatchewan at Toronto, 4:30 p.m.

PLAYERS OF THE WEEK

Offensive — Henry Burris, QB, Hamilton
Defensive — Adam Bighill, LB, B.C.
Special Teams — Trent Guy, KR, Montreal
Canadian — Jon Cornish, RB, Calgary

SCORING LEADERS

	TD	C	FG	S	Pts
McCallum, BC	0	33	30	7	130
Congi, Ham	0	39	29	1	127
Whyte, Mtl	0	39	23	6	114
Paredes, Cal	0	35	26	1	114
Palardy, Wpg	0	18	30	5	113
Shaw, Edm	0	27	21	8	98
Waters, Tor	0	16	23	6	91
x-C.Williams, Ham	13	2	0	0	80
DeAngelis, Sask	0	17	18	1	72
Milo, Sask	0	16	11	12	61

x — scored two-point convert

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	2	2	0	.500	81	109
New England	2	2	0	.500	134	92
Buffalo	2	2	0	.500	115	131
Miami	1	3	0	.250	86	90

SOUTH

	W	L	T	Pct	PF	PA
Houston	4	0	0	1.000	126	56
Indianapolis	1	2	0	.333	61	83
Jacksonville	1	3	0	.250	62	97
Tennessee	1	3	0	.250	81	151

NORTH

	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	121	83
Cincinnati	3	1	0	.750	112	112
Pittsburgh	1	2	0	.333	77	75
Cleveland	0	4	0	.000	73	98

WEST

	W	L	T	Pct	PF	PA
San Diego	3	1	0	.750	100	71
Denver	2	2	0	.500	114	83
Kansas City	1	3	0	.250	88	136
Oakland	1	3	0	.250	67	125

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	3	1	0	.750	66	83
Dallas	2	2	0	.500	65	88
Washington	2	2	0	.500	123	123
N.Y. Giants	2	2	0	.500	111	84

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	4	0	0	1.000	124	76
Tampa Bay	1	3	0	.250	82	91
Carolina	1	3	0	.250	80	109
New Orleans	0	4	0	.000	110	130

NORTH

	W	L	T	Pct	PF	PA
Minnesota	3	1	0	.750	90	72
Chicago	3	1	0	.750	108	68
Green Bay	2	2	0	.500	85	81
Detroit	1	3	0	.250	100	114

WEST

	W	L	T	Pct	PF	PA
Arizona	4	0	0	1.000	91	61
San Francisco	3	1	0	.750	104	65
St. Louis	2	2	0	.500	79	91
Seattle	2	2	0	.500	70	58

WEEK FOUR

Byes: Indianapolis, Pittsburgh
Monday's result
Chicago 34 Dallas 18
Sunday's result
Arizona 24 Miami 21 (OT)
Atlanta 30 Carolina 28
Cincinnati 27 Jacksonville 10
Denver 37 Oakland 6
Green Bay 28 New Orleans 27
Houston 38 Tennessee 14
Minnesota 20 Detroit 13
New England 52 Buffalo 28
Philadelphia 19 N.Y. Giants 17
San Diego 37 Kansas City 20
San Francisco 34 N.Y. Jets 0
St. Louis 19 Seattle 13
Washington 24 Tampa Bay 22
Thursday's result
Baltimore 23 Cleveland 16

WEEK FIVE

Byes: Dallas, Detroit, Oakland, Tampa Bay
Thursday's game — All Times Eastern
Arizona at St. Louis, 8:20 p.m.
Sunday, Oct. 7
Baltimore at Kansas City, 1 p.m.
Atlanta at Washington, 1 p.m.
Philadelphia at Pittsburgh, 1 p.m.
Green Bay at Indianapolis, 1 p.m.
Cleveland at N.Y. Giants, 1 p.m.
Miami at Cincinnati, 1 p.m.
Seattle at Carolina, 4:05 p.m.
Chicago at Jacksonville, 4:05 p.m.
Buffalo at San Francisco, 4:25 p.m.
Tennessee at Minnesota, 4:25 p.m.
Denver at New England, 4:25 p.m.
San Diego at New Orleans, 8:20 p.m.
Monday, Oct. 8
Houston at N.Y. Jets, 8:30 p.m.

TENNIS

ATP-WTA CHINA OPEN

At Beijing
Men's Singles — First Round
Novak Djokovic (1), Serbia, def. Michael Berrer, Germany, 6-1, 6-7 (3), 6-2.
Yen-hsun Lu, Taiwan, def. David Ferrer (2), Spain, 5-4 (retired).
Jo-Wilfried Tsonga (3), France, def. Denis Istomin, Uzbekistan, 4-6, 6-1, 7-6 (3).
Richard Gasquet (5), France, def. Matthew Ebden, Australia, 6-2, 6-4.
Mikhail Youzhny, Russia, def. Tommy Haas (7), Germany, 6-4, 4-6, 6-2.
Women's Singles — Second Round
Victoria Azarenka (1), Belarus, def. Sabine Lisicki, Germany, 6-4, 6-2.
Agnieszka Radwanska (3), Poland, def. Zhang Shuai, China, 6-2, 6-3.
Angelique Kerber (5), Germany, def. Lara Arruabarrena-Vecino, Spain, 6-2, 6-0.
Li Na (7), China, def. Nadia Petrova, Russia, 6-1, 6-2.
Caroline Wozniacki (10), Denmark, def. Su-wei Hsieh, Taiwan, 6-7 (5), 7-6 (3), 6-0.

ATP RAKUTEN JAPAN OPEN

At Tokyo
Singles — First Round
Andy Murray (1), Britain, def. Ivo Karlovic, Croatia, 7-6 (7), 6-4.
Tatsuma Ito, Japan, def. Nicolas Almagro (5), Spain, 7-6 (4), 7-6 (5).
Milos Raonic (6), Thornhill, Ont., def. Radek Stepanek, Czech Republic, 6-4, 6-4.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Kansas City	31	17	7	7	39	25	58
Chicago	30	16	9	5	42	36	53
New York	31	15	8	8	54	44	53
D.C. United	31	15	10	6	48	40	51
Houston	31	13	8	10	44	37	49
Columbus	31	14	11	6	39	39	48
Montreal	31	12	15	4	44	49	40
Philadelphia	29	8	15	6	31	36	30
New England	31	7	16	8	37	43	29
Toronto	31	5	19	7	35	59	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	31	18	6	7	65	39	61
x-Real Salt Lake	31	16	11	4	44	34	52
x-Los Angeles	31	15	11	5	55	43	50
x-Seattle	30	13	7	10	45	31	49
Vancouver	31	10	12	9	31	40	39
Dallas	31	9	12	10	38	41	37
Colorado	31	9	18	4	39	46	31
Portland	31	7	15	9	32	52	30
Chivas USA	30	7	16	7	21	49	28

x — clinched playoff berth.
Wednesday's games — All Times Eastern
Philadelphia at Chicago, 8:30 p.m.
Chivas USA at Vancouver, 10 p.m.
Saturday's games
D.C. United at Toronto, 1 p.m.
Chicago at New York, 3:30 p.m.
New England at Philadelphia, 7 p.m.
Montreal at Houston, 8:30 p.m.
San Jose at Colorado, 9 p.m.
Real Salt Lake at Los Angeles, 9 p.m.

UEFA CHAMPIONS LEAGUE

FIRST ROUND

Tuesday's results
GROUP E
Juventus (Italy) 1 Shakhtar Donetsk (Ukraine) 1
Nordsjaelland (Denmark) 0 Chelsea (England) 4
GROUP F
Valencia (Spain) 2 Lille (France) 0
BATE Borisov (Belarus) 3 Bayern Munich (Germany) 1
GROUP G
Spartak Moscow (Russia) 2 Celtic (Scotland) 3
Benfica (Portugal) 0 Barcelona (Spain) 2
GROUP H
CFR Cluj (Romania) 1 Manchester United (England) 2
Galatasaray (Turkey) 0 Braga (Portugal) 2
Wednesday's games — All Times Eastern
GROUP A
Dynamo Kiev vs. Dinamo Zagreb, 2:45 p.m.
Porto vs. Paris Saint-Germain, 2:45 p.m.
GROUP B
Arsenal vs. Olimpiakos, 2:45 p.m.
Schalke vs. Montpellier, 2:45 p.m.
GROUP C
Zenit St. Petersburg vs. AC Milan, Noon
Anderlecht vs. Malaga, 2:45 p.m.
GROUP D
Ajax vs. Real Madrid, 2:45 p.m.
Manchester City vs. Borussia Dortmund, 2:45 p.m.

ASIAN CHAMPIONS LEAGUE

QUARTER-FINALS
Second Leg
Tuesday's results
Al Ahli (Saudi Arabia) 4 Sepahan (Iran) 1
(Al Ahli advances 4-1 on aggregate)
Guangzhou Evergrande (China) 2 Al Ittihad (Saudi Arabia) 1
(Al Ittihad advances 5-4)

CRICKET

WORLD TWENTY20

SUPER EIGHTS

At Colombo, Sri Lanka
GROUP ONE
Monday's results
West Indies 139 def. New Zealand 139-7, in one-over eliminator
Sri Lanka 169-6 def. England 150-9 by 19 runs
GROUP TWO
Tuesday's results
Pakistan 149-6 def. Australia 117-7 by 32 runs
India 152-6 def. South Africa 151 by one run
SEMIFINALS
Thursday's match
Sri Lanka vs. Pakistan
Friday's match
Australia vs. West Indies
FINAL — Sunday, Oct. 7: Semifinal winners, TBD

DRIVE 5

It's getting better all the time

ALL PHOTOS WHEELBASE MEDIA

Style

The latest Accord that's now on sale appears more svelte, with none of the excessive front overhang that marred the previous generation. The look is more proportionally balanced and shows greater attention to detail in terms of styling execution. The sedan is far more pleasing to the eye than past efforts. The coupe, on the other hand, already deemed a good looker, has undergone a more subtle transformation and remains one of the most appealing models of its type on the road.

2013 Honda Accord

- **Types.** Two- /four-door, front-wheel-drive mid-size coupe/sedan.
- **Engines (hp).** 2.4-litre DOHC I4 (185-189); 3.5-litre SOHC V6 (278); 2.0-litre DOHC I4 with 124 kilowatt electric motor (196, net).
- **Safety.** Front airbags; side-impact airbags; side-curtain airbags; anti-lock brakes; traction control; stability control.
- **Base price (incl. destination).** $25,300.

Cabin

Good looking also describes the Accord's new cabin. The artistically sculpted dashboard is a sensational piece and thankfully devoid of knob and switchgear clutter. Drivers will be particularly enamored with the clear and crisp white-on-black center gauges and the high-definition eight-inch (20- centimetre) multi-information display screen. All passengers are treated to more comfortable seating arrangements.

Fuel consumption

In explaining its CVT decision, Honda's stewards deemed it necessary to lower fuel consumption to more competitive levels, as in 7.8 l/100 km city and 5.5 highway. Those numbers are second only to the class-leading Altima's 7.4/5.0 rating.

Performance

Accords remain admirable road performers, with an enhanced feeling of sportiness and ride control. The base 2.4-litre four-cylinder (labelled "Earth Dreams") makes 185 horsepower (189 for the Sport model), up from 177. The optional 278-horsepower 3.5-litre V6 gains a mere seven ponies. Manual-transmission lovers should be pleased that the six-speed gearbox remains available with four-cylinder Accord sedans and up-level V6 coupes.

Review. Although it's smaller, Accord keeps the optional V6 and fine-tunes pretty much everything else

MALCOLM GUNN
Wheelbase Media

Buyers expecting the ninth-generation Accord to be bigger and bolder will need to adjust their perspective concerning one of North America's most successful sedan and coupe lines.

The U.S.-built (30 years and counting) Accord maintains a conservative presence, while undergoing a complete metamorphosis in style, features and running gear.

Paraphrasing Honda's styling director David Marek, the Accord's makeover started from the inside out to ensure that occupants were treated to as much room and style as possible. Reshaping the exterior included soliciting opinions from current Accord owners who made it clear they wanted a less bulky car that didn't sacrifice overall spaciousness.

Sounds like a tall order, but Marek's design team appear to have delivered on virtually all counts. The 2013 Accord sedan is about nine centimetres shorter and loses about 2.5 centimetres between the front and rear wheels while gaining a centimetre in width. At the same time, trunk space has increased by five per cent, thanks in part to a more compact rear suspension.

In early 2013, Honda will introduce the Accord plug-in hybrid. In this format, a 2.0-litre four-cylinder is mated with a 124-kilowatt electric motor to produce 196 net horsepower. The plug-in travels up to 24 kilometres on electric-only power, can run on grid juice at speeds up to 100 km/h and has a maximum 700-kilometre range.

The clincher is it takes three hours — a relatively short time — on standard 120-volt house current to replenish the lithium-ion battery (about 10 minutes for a 50-percent charge), or about an hour using a 240-volt charger.

Honda plans to introduce a non-plug-in hybrid by mid-2013, giving the Accord a one-two punch in the eco-sedan category.

A new Sport model adds bigger wheels, paddle shifters for the CVT and small deck spoiler. The beauty is that you don't need to buy the V6 to get the goodies.

The Accord has never been about the "wow factor", but more the "smart factor." As such — despite the smaller overall package — there's actually more interior volume.

By comparison

1 Ford Fusion
Base price: $23,000.
New design will get attention. V6 replaced by EcoBoost turbofour-cylinder.

2 Nissan Altima
Base price: $25,300
Fuel-economy champ is new for 2013; CVT is the only transmission choice.

3 Chevrolet Malibu
Base price: $26,500.
Handsome sedan cuts the flab, replaces V6 for partial hybrid option.

On the Web

Scan code for more car reviews and news.

On the cutting edge of cuteness

Fiat 500c. The 'That's SOOOO adorable!' factor is often ignored in auto innovation, but car makers have made great strides

AUTO PILOT
Mike Goetz
drive@metronews.ca

Mike Goetz found himself blasting heavy metal with the windows rolled down when driving this cutie-pie just to balance things out. MIKE GOETZ

Automotive technology is advancing at breakneck speeds. Just look at what's happened over the last few years to powertrain electrification, Internet connectivity, safety systems and fuel efficiency.

But today I would like to draw your attention to an area of auto tech that seems to get less attention than those aforementioned ones, but is nonetheless just as astonishing in its recent advances: Cuteness.

Automakers have always built cute cars, of course, but now they really mean business. The cute cars of yesteryear were mostly cute because they were loveable underdogs that didn't really measure up to the other vehicles on the road. Reinvented versions of the Volkswagen Beetle and Mini changed all that, and paved the way for modern cuteness. Now you can have a perfectly modern, useable car that is also as cute as the dickens.

No other vehicle has embraced this powerful formula as the Fiat 500c. I recently took a white one home for a week's test. Actually, it wasn't white, it was Blanco Perla with a Bordeaux retractable fabric red top, and matching red leather seats.

It was just too precious.

When I first showed up with it, all the females in our house, and lots on our street, came wandering over to take it all in. All of them loved the car, loved the colour combination, and said it was really cute.

But "really cute" wasn't strong enough for them. They had to add length, as in, "It's REEEALLY cute" and syllables: "It's really CA-YOOOOT."

Fiat Canada said females and males buy regular 500 models in an equal 50/50 split. The Fiat Cabrio and its extra level of cuteness? Seventy per cent female; 30 per cent male.

The company didn't have the female/male split for this particular white/red colour scheme, but I'm guessing 95/5. The overall look is a little bit too "lovely handbag" for most guys.

I think most guys get and appreciate cuteness. It's just that we have more natural defence to deal with it. We can walk away. Cuteness hits women where they live. When they see something like this Fiat, they get a visceral desire to take it home and give it a bath, or give it a hallowed place in the closet next to the other fashion accessories.

Driving something this cute is certainly different.

I found myself keeping the radio tuned to heavy metal, with the windows rolled down, just to, you know, balance things out a bit.

Both women and men check it out. I could be wrong, but after checking out the car, men seem also to check out whose driving it ... expecting a certain gender perhaps? Women, on the other hand, only have eyes for your car. They are not concerned about the driver. They are concerned about the cuteness of the car.

But no matter which chromosomes you have, or if you like the Fiat 500c or not, we need to appreciate the engineering, the high-tech, cutting-edge cuteness of the little Italian coupe — another shining example of automotive progress.

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Horoscopes

♈ Aries
March 21 - April 20
You may have all the facts on your side but if you expect rivals to admit it, you will be disappointed. Some people are simply too stubborn to change their point of view. Sound like anyone you know?

♉ Taurus
April 21 - May 21
What you want to do and what others want you to do are two entirely different things. It won't be long before you are free to come and go as you please but for now you may have to follow the herd.

♊ Gemini
May 22 - June 21
You are on the verge of a major gain, so any minor setbacks you may encounter today are worth suffering. Creatively and romantically this is very much your time of year, so make sure you enjoy it.

♋ Cancer
June 22 - July 23
It's good to be romantic but watch out that attraction does not become infatuation. If you allow your love life to distract you from your work both will suffer in the long-term. Do the right thing at the right time.

♌ Leo
July 24 - Aug. 23
You are taking your money situation too seriously. From today, however, you will start to see that things are not as bad as you have allowed yourself to believe. It's strange but somehow they never are.

♍ Virgo
Aug. 24 - Sept. 23
Not everyone can be as lucky as you. Not everyone can be as smart and funny and popular. Keep that fact in mind today when engaging people you find difficult to deal with. Maybe they're just jealous.

♎ Libra
Sept. 24 - Oct. 23
You have a great future but for some reason you seem more concerned with your past at the moment. Put yesterday and last year out of your mind, completely. What's done is done and cannot be undone.

♏ Scorpio
Oct. 24 - Nov. 22
What occurs today may appeal to your zany sense of humour but try to remember that not everyone sees things the same way as you. Have a good laugh by all means but laugh with people, not at them.

♐ Sagittarius
Nov. 23 - Dec. 21
You are tempted to confide in someone you work with but the planets warn that may not be a good idea. Keep personal information to yourself over the next 24 hours. Don't give anything away.

♑ Capricorn
Dec. 22 - Jan. 20
Get away from your usual surroundings and do something that energizes you physically, mentally and emotionally. You have been pushing yourself far too hard of late. You need a break.

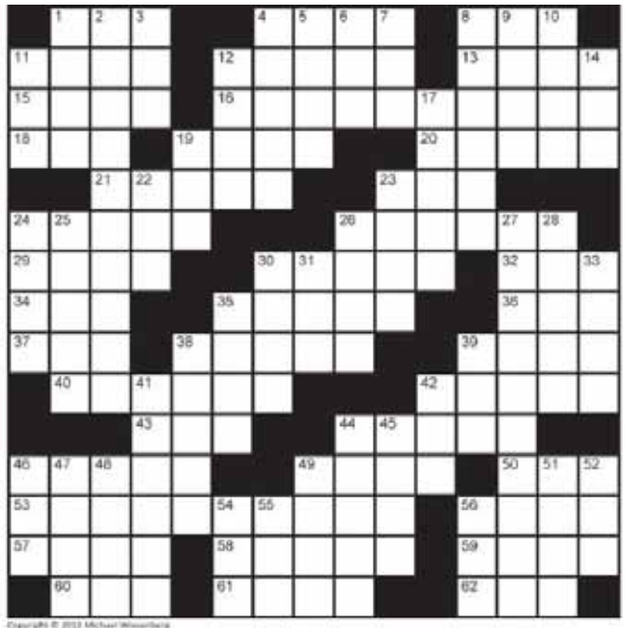
♒ Aquarius
Jan. 21 - Feb. 19
You can expect some major, maybe extraordinary things to happen between now and the end of the week. They may not always be good things but good things will come of them in some guise or other.

♓ Pisces
Feb. 20 - March 20
Everyone has standards but you need to realize that not everyone's standards will be as high as your own. If you can do that, you are less likely to get angry when others' efforts fall short of expectations.

SALLY BROMPTON

Pick Your Own Title

BY MICHAEL WIESENBERG



Across
1. Upper limb
4. Spoken
8. CD ancestors
11. *Yours* or *to you* (singular): Fr. (2 wds.)
12. "___ Billie Joe": 1967 Bobbie Gentry song (2 wds.)
13. Acorn-dropping trees
15. Deafening
16. Maritime Province (2 wds)
18. Lower limb
19. Australian birds with green eggs
20. Foe
21. Float in place
23. Boxer Muhammed ___, the former Cassius Clay
24. Carried, as by the wind
26. Edmonton NHL team
29. Make ___ with: impress someone (2 wds.)
30. Banquets
32. And so on: abbr.
34. Unhappy
35. Casting director's assignments
36. Cause surface damage to
37. Before: poetic
38. Halifax-born singer McLachlan
39. Completely naked
40. Yellowknife is 400 miles south of this Circle
42. Apply juice, as to a turkey
43. Fled on foot
44. Call off (a mission), in NASA-speak
46. Book of maps
49. All over again
50. Recede, as the Bay of Fundy tide
53. Dentifrice
56. Burn the midnight oil studying
57. Comfortable state
58. Foreigner
59. Nevada's "The Biggest Little City in the World"
60. ___ Moines, Iowa
61. Votes cast in favor
62. Not even

Down
1. Dip ___ in the water: test bath temperature (2 wds.)
2. Saskatchewan CFL team member
3. Central
4. Smell
5. Guns, as an engine
6. ___ loss for words (2 wds.)
7. ___ Angeles
8. Dollar coin
9. Appetizer spread
10. ___ milk: 0% fat
11. Everything
12. "This one's ___": "My turn to buy" (2 wds.)
14. Speak
17. Biological building blocks
19. Night before
22. Quebec neighbour: abbr.
23. Is sick
24. Air Force installation
25. Scarlett ___
26. Promise
27. "'Digitally ___": fresh copy made from the original, in a DVD or CD notice
28. Begin
30. ___ Garneau: first Canadian in outer space
31. Historic period of note
33. They were among the original inhabitants of Ontario
35. Ache
38. Hidden cache
39. Tavern
41. Packing cases
42. Acknowledge applause
44. Puts money into a poker pot before cards are dealt
45. "What's ___ happening?"
46. Consumed
47. Frog's land-based cousin
48. Be an unsuccessful gambler
49. Largest continent
51. Group of marching musicians
52. RBC competitor
54. Earnings
55. Hearty pub order
56. ___-Magnon man

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

		4	6		2			
	3					4	9	
6	7				1	8		
2		8	7				3	
				9				
	1				4	7		5
		9	4				1	7
	2	7					5	
			5		8	9		

Yesterday's Sudoku

Today 19°/14° Showers 60%
Thursday 21°/11° Showers 40%
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